

61 section having a first region for supporting the first, second, third, fourth and fifth metatarsal heads, associated phalanges and metatarsal phalangeal joints, and the metatarsal neck associated with the fifth metatarsal head, and a second region for supporting at least one of the metatarsal necks associated with the second and third metatarsal heads, said first region of the forefoot section having said first compressive resilience and said second region of the forefoot section having said second compressive resilience.

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Please replace claim 6 with the following:

6. Footwear comprising a sole having:

(a) a heel section for supporting a heel of the foot, said heel section having medial and lateral regions;

(b) an arch section forward of the heel section for supporting an arch of the foot, said arch section having medial and lateral regions; and

B2 (c) a forefoot section forward of the arch section for supporting a ball of the foot including first, second, third, fourth and fifth metatarsal heads and associated metatarsal necks, proximal phalanges and metatarsal phalangeal joints, said forefoot section having a first region for supporting the first, second, third, fourth and fifth metatarsal heads, associated phalanges and metatarsal phalangeal joints, and the metatarsal neck associated with the fifth metatarsal head, and a second region for supporting at least one of the metatarsal necks associated with the second and third metatarsal heads;

said sole being constructed to have a first compressibly resilient portion having an overall thickness corresponding to a full thickness of the sole in said first portion for attenuating the shock of impact to the wearer during running and walking, a second portion having an overall thickness corresponding to a full thickness of the sole in said second portion and providing a hardness greater than that of said first portion for providing firm support for the foot during running and walking, said first portion comprising at least part of the lateral region of the heel section, and the first region of the forefoot section, and said second

portion comprising at least part of the medial region of the arch section and the second region of the forefoot section.

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Please replace claim 16 with the following:

16. A sole for footwear comprising:

(a) a heel section for supporting a heel of the foot, said heel section having medial and lateral regions;

(b) an arch section forward of the heel section for supporting an arch of the foot, said arch section having medial and lateral regions; and

BB (c) a forefoot section forward of the arch section for supporting a ball of the foot including first, second, third, fourth and fifth metatarsal heads and associated metatarsal necks, proximal phalanges and metatarsal phalangeal joints, said forefoot section having a first region for supporting the first, second, third, fourth and fifth metatarsal heads, associated phalanges and metatarsal phalangeal joints, and the metatarsal neck associated with the fifth metatarsal head, and a second region for supporting at least one of the metatarsal necks associated with the second and third metatarsal heads;

said sole having a first selected effective compression resistance in at least part of the lateral region of the heel section having an overall thickness corresponding to a full thickness of the sole in said part of the lateral region of the heel section and at least part of the first region of the forefoot section having an overall thickness corresponding to a full thickness of the sole in said part of the first region of the forefoot section, a second selected effective compression resistance greater than said first compression resistance in at least part of the medial region of the arch section having an overall thickness corresponding to a full thickness of the sole in said part of the medial region of the arch section and at least part of the second region of the forefoot section having an overall thickness corresponding to a full thickness of the sole in said part of the second region of the forefoot section, and a zone of weakness extending generally transversely with respect to the sole

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along a curve extending through locations generally corresponding to the five metatarsal phalangeal joints for providing greater flexibility for easier articulation of the metatarsals relative to the phalanges of the foot.

Please replace claim 19 with the following:

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19. A sole as set forth in claim 16 wherein said first selected effective compression resistance extends under the first proximal phalanx and the first distal phalanx.